

Aunt Millies/Perfection Bakeries
School 2014-2015 - White and Whole Grain Lists

8/13/2014			Values Based Per Serving Size		ALLERGENS			
Item Code		Wt / Ct	Labeled Serving Size	Calories	WHEAT	SOY	MILK	EGG
	Breads							
68	Soft & Good White Bread	24oz/24sl	2 slices (57g)	160	Y	Y	Y	N
107	Hillbilly Bread	20oz/22sl	2 slices (52g)	140	Y	N	Y	N
131	Round Top, White Bread	24oz/24sl	2 slices (57g)	160	Y	Y	Y	N
136	Sunbeam White with Whole Grain	24oz/24sl	2 slices (57g)	150	Y	Y	Y	N
157	Aunt Millie's "White Sandwich" Bread	22oz/24sl	2 slices (52g)	140	Y	Y	N	N
328	Aunt Millie's "Homestyle" Italian Bread	24oz/20sl	1 slice (34g)	90	Y	Y	Y	N
369	Aunt Millie's Texas Toast, Thick Sliced Bread	22oz/16sl	1 slice (39g)	110	Y	Y	N	N
417	Aunt Millie's Split Wheat Bread	22oz/22sl	2 slices (57g)	150	Y	Y	Y	N
514	Aunt Millie's FF MultiGrain	20oz/22sl	2 slices (52g)	120	Y	Y	Y	N
5107	Holum King White Bread	24oz/24sl	2 slices (57g)	160	Y	Y	Y	N
7557	Aunt Millie's "Restaurant" Sourdough	24oz/18sl	1 slice (38g)	100	Y	Y	N	N
	Hamburger Buns							
3075	Aunt Millie's 4" Kaiser Cut, Hamburger, Plain	23oz/12ct	1 bun (54g)	140	Y	N	N	N
3124	Aunt Millie's 3 1/2" Restaurant Hamburger Buns	18oz/12ct	1 bun (43g)	110	Y	N	N	N
3136	Aunt Millie's 4" Restaurant Hamburger Buns	23oz/12ct	1 bun (54g)	140	Y	N	N	N
3141	Aunt Millie's 4" Seeded Restaurant Hamburger Buns	23oz/12ct	1 bun (54g)	140	Y	N	N	N
3143	Aunt Millie's 5" Seeded Hamburger Buns	25oz/8ct	1 bun (89g)	240	Y	N	N	N
3165	Aunt Millie's 4", Seeded, Double-Decker Hamburger Bun	27oz/12ct	1 bun (64g)	170	Y	N	N	N
3200	Aunt Millie's 4 1/2" Onion, Hamburger Bun	27oz/12ct	2 bun (64g)	170	Y	N	N	N
3337	Aunt Millie's Golden Honey Hamburger Bun	24.5oz/12ct	1 bun (58g)	140	Y	N	N	N
3888	Aunt Millie's 4 1/2" Corn Dusted, Hamburger Bun	28oz/12ct	1 bun (66g)	170	Y	N	N	N
3896	Aunt Millie's 4" Corn Dusted Kaiser Ham	23oz/12ct	0 bun (54g)	140	Y	N	N	N
4012	Perfection 4" Restaurant Hamburger	57oz/30ct	1 bun (54g)	130	Y	N	N	N
4020	Perfection 4" Restaurant Seeded Hamburger Buns	57oz/30ct	1 bun (54g)	140	Y	N	N	N
4305	Aunt Millie's 5" Plain Hamburger Bun	25oz/8ct	1 bun (89g)	230	Y	N	N	N
4402	Perfection Seeded Steak Rolls--6 1/2" x 2 1/2"	66.5oz/24ct	1 bun (79g)	200	Y	N	N	N
4680	Aunt Millie's Seeded Steak Roll--6 1/2" x 2 1/2"	16oz/6ct	1 bun (76g)	190	Y	N	N	N
7608	7"Greek WW Flat Bd	15oz/5ct	1 pita (85g)	240	Y	Y	N	N

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7616	7"Greek Flat Bd5ct	15oz/5ct	1 pita (85g)	240	Y	Y	N	N
7743	PD White Pita 5ct	12oz/5ct	1/2 pita (34g)	90	Y	N	N	N
7751	PD Wheat Pita 5ct	12oz/5ct	1/2 pita (34g)	80	Y	N	N	N
20383	KR 7in Hearth Sub 4 Cellone	4ct	1 roll (120g)	140	Y	N	N	N
21029	KR PP Wheat 25	25sl	1 slice (22g)	50	Y	Y	N	N
	Hot Dog Buns							
3162	Aunt Millie's 6" Restaurant Hot Dog Bun	18oz/12ct	1 bun (43g)	100	Y	N	N	N
4169	9", Coney Hot Dog Bun	16oz/6ct	1 bun (76g)	200	Y	N	N	N
5688	Aunt Millie's 12", Foot Long Hot Dog Buns	18oz/6ct	1 bun (85g)	220	Y	N	N	N
	Sub Buns							
4339	Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	18.5oz/8ct	1 bun (66g)	170	Y	N	N	N
4753	Aunt Millie's 8" Super Sub	17oz/6ct	1 bun (80)	200	Y	N	N	N
21930	Koepplinger's Italian Split Top Subs	21oz/8ct	1 bun (75g)	180	Y	Y	N	N
	Dinner Rolls							
4389	Aunt Millie's " Unsliced " Dinner Rolls	32oz/24ct	1 roll (38g)	90	Y	N	N	N
4399	Aunt Millie's Hawaiian Rolls - 12ct	18oz/12ct	1 roll (43g)	80	Y	N	Y	N
5212	Aunt Millie's "Sliced" Dinner Rolls	32oz/24ct	1 roll (38g)	90	Y	N	N	N
7523	Perfection " Sliced " French Bread	20oz/19sl	1 slice (30g)	70	Y	Y	N	N
7549	Perfection Unsliced French Bread	20oz	2 oz (57g)	130	Y	Y	N	N
21616	Koepplinger's 8" Bread Sticks	8ct	1 roll (48g)	145	Y	Y	N	N
21744	Finger Rolls	25oz/24ct	1 roll (31g)	80	Y	Y	N	N
	English Muffins							
2214	Aunt Millie's Old Fashion White English Mufiins	12oz/6ct	1 muffin (57g)	120	Y	Y	N	N
2395	Restaurant English Muffins, White	24oz/12ct	1 muffin (57g)	130	Y	Y	N	N
	Bagels							
6917	Aunt Millie's Plain Bagel	20oz/5ct	1/2 bagel (57g)	140	Y	N	N	N